



Physical Activity/Odometer Log



WEEKLY GOAL: _____

DATE: _____

	Activity Goal	Distance Rolled Using an Odometer	Type of Physical Activity	Activity Time in Minutes	Goal Met Y/N
Sunday					
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					

Record all physical activity along with the distance rolled each day if using an odometer. Record how long you were active and for how long you planned to be active. Record Y (yes) or N (no) if you met your daily goal. Share this information with your *MOVE!* healthcare team, and use it to set future goals.